Mental Health & Wellness: Suicide Prevention

November 18, 2020, 10:00-11:30 am PST
Hello!

I am Lael Tate, she/ her, Diné.

I love making art with my sisters.

You can find me at ltate@npaihb.org.
Hello!

We are Harvey, Brent, and Amy. We are passionate about the wellness of First Nations youth.

https://firstnationssuicideprevention.com/
Let us Start with a Blessing

“Each day I give thanks for my friends.”
~Chief Crowfoot (Latter)
Live Virtual Training Logistics

Logistics
- You are muted
- If comfortable, share video

Engagement
- Breakout rooms
- Chat box
- Icons (Zoom & More)
Welcome, Welcome! Please introduce yourself in the chat box. Include your:
- Name, Tribe, Pronouns
- Role & Organization
- Email address
- What is your rose and thorn for today?
Group Agreements

★ Participate Fully

★ Delay Distractions

★ Honor Different Experiences

★ Be Brave & Explore

★ Others? (Type in the chat)
We’ve Got Goals!

By the end of today’s session, I CAN...

- describe the impacts of mental health and suicide
- recommend MH & Suicide Prevention resources currently available
- practice self-care strategies and activities with youth, my community, and those that I work with
Where we are going

1. What I need to know about Mental Health & Wellness
2. Responding During COVID-19
3. Self-care Tips & Tools
4. Two Wolves Interactive Activity
5. Let’s Talk About it!
Wellness Moment
• Let’s Take Some Deep Breaths Together
1. What I need to know

Let’s get some background here...
Let’s get some background here...

Indigenous Communities & Suicide

- Disproportionately impacted by suicide due to historical, social, environmental, and systems-level challenges that present barriers to health and wellbeing.
- Fostering protective factors, such as cultural connectedness and self-esteem, and reducing risk factors build resilience.

COVID-19 & Mental Health

- Social isolation, economic hardship, grief, cancellation of ceremonial and cultural events
- April-June 2020 vs. April-June 2019
  - Data:
    - 3 x higher: symptoms of anxiety disorder
    - 4 x higher: symptoms of depressive disorder
Mentimeter
Flowing Grid

Use the link in the chat box to join... https://www.menti.com/75ra7is6s5

How has COVID impacted your community’s mental health?
2. Responding During COVID-19

Let’s start thinking about how we can respond...
Responding During COVID-19

Youth Poetry from the Virtual Springboard Lab: IndigiLOVE Begins with I

Dear Creator,

Sometimes I wonder why,
Why I went through
So Much Pain...
Anxiety Attacks...
And thoughts of ending everything.

Sometimes I get angry,
Angry at you.

It hurts my heart to feel this way.

But,
I know you are there.
Listening to me.
I know you are testing me,
Teaching me.
You are teaching me to trust,
To forgive.
And finally to love.

I trust you...
And thank you.
For your guidance.

I may not understand why,
But...I trust you.

Maiya Martinez

Caring Messages - Text Suicide Prevention Intervention

I know you might be feeling alone right now.
I want you to know that I am rooting for you! 😊

Text CARING to 65664

...to get regular reminders about how awesome you are from people who care and who've got your back.

NPAIHB’s Social Media Messaging

Video Link: https://www.youtube.com/watch?v=YS80iduCmRo&list=PLvLfi7yZ2zQGKuMCu-CFOmedDQZcsuPyG&index=1
Responding to Concerning Posts on Social Media

Web link: https://www.healthynativeyouth.org/curricula/responding-to-concerning-posts-on-social-media/
What has your tribe or organization been doing (or wants to do) to support youth mental health?

Use the link in the chat box to join: https://www.menti.com/75ra7is6s5.
3. Self-care Tips & Tools

Now we’re ready to start putting things into action...
Self-Care Tips & Tools

- We are resilient people
- Healthy expression of emotions
- Limit exposure to pandemic related news
- Establish and stick to a routine
- Maintain spirituality
- Volunteering
- Art
- Gratitude
- Seek help from a friend or professional

Source: Mental Health in our Native American Communities, Volume 2, Issue 2, Fall 2020, Mental Health Technology Transfer Center Network
Wellness Moment
Springboard Video

Video Links: Isis Sanchey: https://www.youtube.com/watch?v=IZiDgJYJyi0&list=PLvLfi7yZ2zQGKuMCu-CFOmedDQZouPyG&index=4&has_verified=1
Maiya: https://www.youtube.com/watch?v=tJCvLuxMuos&list=PLvLfi7yZ2zQGKuMCu-CFOmedDQZouPyG&index=5
Jowun: https://www.youtube.com/watch?v=IZiDgJYJyi0&list=PLvLfi7yZ2zQGKuMCu-CFOmedDQZouPyG&index=9
Questions, Ask Away!
4. First Nations Youth Suicide Prevention Curriculum

Now we’re ready to start putting things into action...
Curriculum Overview

Background
- Building Protective Factors builds resilience
- Reinforce connection to culture & land

Values
- Conceptualization of community
- Self-reliance & Actualization
- Recognition of Land & Nature
- Culture
Behavioral & Cultural Characteristics

Reticence
Students may or may not exhibit this characteristic

Part of the Crowd
First Nations youth may have a strong aversion to being centred or singled out. They prefer to fit in as opposed to leading

Non-Interference
First Nations youth may be hesitant to influence others’ behaviours or actions

Learning by Doing
First Nations youth are more likely to be responsive to active as opposed to passive learning

Peer Group vs. Self
Subsuming self to the peer group is not always a sure thing
Interactive Features

24 one-hour sessions include:

- Art
- Group Discussions
- Journaling
- Writing Activities
- Quizzes
- Games/Videos
Here’s what you can find in the First Nations Youth Suicide Prevention Curriculum
Please Turn to Page 91

Find link in Chat Feed

Link: https://www.healthynativeyouth.org/curricula/first-nations-youth-suicide-prevention-curriculum/
Two Wolves Activity

Video Link: https://vimeo.com/354147236/7b96bdfa8e
Padlet Wall

Use the link in the chat box to join...
https://padlet.com/wernative/oo1j09l4kkye4bk5

What is the story of the Two Wolves telling us?
Group Agreements

⭐ Participate Fully

⭐ Delay Distractions

⭐ Honor Different Experiences

⭐ Be Brave & Explore

⭐ Others? (Type in the chat)
5. Let’s Talk About it!

Logistics
- Share Your Video
- Use the Chatfeed

Engagement
- Use the Chatfeed
- ASL
- Zoom Reactions
Practice in Action

Taking it back home!
Find Curricula on Healthy Native Youth

★ Filter & Compare Tool
★ All Materials Needed to Implement
★ Enhancement Activities
★ Resources & Support
★ Upload & Submit Your Own Curricula
Suicide Prevention Curriculum

Pdf includes:
★ Info for Teachers
★ 24 Learning Modules

Web link: https://www.healthynativeyouth.org/curricula/first-nations-youth-suicide-prevention-curriculum/
We've got Your Back with Resources!

**Resources**

<table>
<thead>
<tr>
<th>Resources</th>
<th>Local Resources</th>
</tr>
</thead>
<tbody>
<tr>
<td>National Suicide Prevention Lifeline:</td>
<td>We all need help at one point in time. Every single one of us!</td>
</tr>
<tr>
<td>Call: 1-800-273-TALK</td>
<td>Share - any concerns you have</td>
</tr>
<tr>
<td>Text: START to 741741</td>
<td>Talk - with someone you can trust</td>
</tr>
<tr>
<td>StrongHearts Native Helpline</td>
<td>Report - if you’re worried about someone</td>
</tr>
<tr>
<td>Call (7am-10pm EST): 1-844-NAATIVE</td>
<td>Check out what’s available in your community by checking with your:</td>
</tr>
<tr>
<td>Chat: stronghearts helpline.org</td>
<td>- Tribal Clinic</td>
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<tr>
<td>First Nations &amp; Inuit Hope for Wellness</td>
<td>- School Counselor</td>
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<tr>
<td>Hotline Call: 1-855-242-3310</td>
<td>- Mental Health Clinic</td>
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<td>RAINN - National Sexual Assault Hotline</td>
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<td>Call (24/7): 1-800-656-HOPE</td>
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<tr>
<td>Love In Respect - National Domestic Violence</td>
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<tr>
<td>Hotline Call: (24/7): 1-866-331-9474</td>
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<tr>
<td>Text: “Iovela” to 22522</td>
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<tr>
<td>We R Native</td>
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<tr>
<td>Ask Auntie &amp; Ask Uncle</td>
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**Find Help Near You**

- **SAMHSA** - Zip code locator for a treatment center closest to you
- **Mental Health America** - Zip code locator for a clinic closest to you

**Text...**

- For youth: "NAIVE" to 97779 for health & wellness tips
- For adults: "EMPOWER" to 97779 for tips on talking to your youth about sexual health

Find in the:

- ★ Resources & Support tab
- ★ Recorded Sessions
For Adults:
Text "Empower" to 97779

★ Tips & Resources for Talking to Youth About Sexual Health
★ Need some help getting the convo started?
For Youth:
Text “Caring” to 65664

To get regular reminders about how awesome you are from people who care and who’ve got your back!
Sign up for the Healthy Native Youth Newsletter!

Stay up to Date with the Latest...
COMMUNITY OF PRACTICE

Virtual Engagement Tools Workshop

**What:** Need to level up your virtual lessons with youth? Then come join us for an interactive workshop on how to use some popular virtual engagement tools like flipgrid, padlet, mentimeter and more to upgrade your virtual youth experience. Be prepared to create your own accounts and put together youth activities that you can use for your next youth sessions. Hope to 'see' you there!

**When:** 12/2/20 @ 10:00 am PST

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**December 2nd**

10:00-11:30 AM PST

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**COMMUNITY OF PRACTICE 2020-2021 Schedule**

- **Sept. 9, 2020**  Preparing & Planning for Virtual and In-Person Learning
- **Oct. 14, 2020**  How to Support Youth Living in Domestic Violence Households
- **Nov. 18, 2020**  Mental Health & Wellness: Suicide Prevention
- **Dec. 9, 2020**  How to Support Youth through COVID-19
- **Jan. 13, 2021**  Substance Misuse and Help-seeking Skills
- **Feb. 10, 2021**  Connecting our Past to our Present Re-traumatization
- **March 10, 2021**  Culture as Prevention
- **April 14, 2021**  Supporting Youth Identity: We R Native!
- **May 12, 2021**  Circles of Support: Create a Q&A Service like “Ask Auntie/Ask Uncle”
- **June 9, 2021**  2SLGBTQ: Level up the Inclusion
- **July 14, 2021**  Text Messaging Campaigns

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Leave Your Email in Chatbox

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Text HEALTHY to 97779 to stay connected.
Our team is here to support you!

We know selecting and implementing a curriculum can be challenging... Whether it’s selecting a program, getting prepared, training a facilitator, or maintaining a program you’ve already implemented. Let us know how we can help you and we’ll follow-up in the next week.

Name*

First and Last Name

We LOVE helping...

★ Training & TA Evaluation Form
★ Request TA
Exit Ticket

Instructions: Click on the link in the chat feed for your ticket out the door.

List one thing you learned...

List one thing you would like to know more about...
Thank you!

You can find us at:
Amanda Gaston
agaston-contractor@npaihb.org

Michelle Singer
msinger@npaihb.org
Funding Credit

This project is funded by the Indian Health Service HIV and behavioral health programs. This work is also supported with funds from the Secretary’s Minority AIDS Initiative Fund.
Let us
Close with
a Blessing

"What is life? It is the flash of a firefly at night; the breath of a buffalo in the winter; and it is the shadow that runs across the grass and loses itself in the sunset." – Ralph Waldo Emerson